

ABSTRACT

An optical information recording medium (1) is composed of a pit recording area (2), wherein various control information is recorded by a prepit, and an user recording area (3) having a guide groove formed in a groove format, and a phase depth for the prepit and the groove are approximately the same that the phase depth is less than or equal to $\lambda/10$, wherein λ is a wavelength for reproducing light source. A recording/reproducing apparatus (4) for the optical information recording medium (1) is composed of decoding means (12) for decoding information by detecting a tangential push-pull reproduced signal from the prepit recording area (2) and detecting an aggregated signal from the user recording area (3).